



**Hearing Loss
Association**
Lane County, Oregon

The Nation's Voice for People with Hearing Loss

Sound News

April 2013

Volume 26 no 4

Convention News



The HLA-LC Board has decided to offer a scholarship to **(1) one** individual to attend the 2013 convention in Portland in June from the 27th through the 29th.

- The scholarship is valued at \$165.00.
- The recipient will be responsible for all additional costs that the scholarship does not cover.*

If you are interested, please **submit a letter** to Shirley Perry at sugarplum17@comcast.net (or by mail to Shirley at 2215 Arthur Ct., Eugene, OR. 97405) **stating why you would like to attend the convention and what you hope to get from the convention.** The Board will review all applications and select the recipient.

* The full package is \$359.00 or \$329.00 for a 1st timer until 5/31/13. The daily one day packages are: Thursday \$75.00 & Friday & Saturday is \$140.00. Registration deadline is May 31st, 2013.

Plan on going to the HLA convention ? Talk to a board member about travel arrangements rooming arrangements, costs, and anything else you need to know to attend. Do it soon before prices increase on the convention costs.

Duty makes us do things well, but love makes us do them beautifully.

The Hearing Conditions You Don't Know About

Our ears are wonderful, complicated organs – and sometimes they experience some not-so-wonderful, complicated reasons for not functioning properly. Here's a summary of a few hearing conditions.

Meniere's Disease: Think you have vertigo? If the condition persists, it may be Meniere's Disease, a chronic inner ear disorder that affects balance and hearing. It is likely caused by an improper balance of fluid in the inner ear. Factors that might alter this delicate balance include migraines, allergies, head trauma, viral infections and the inability for the ear to drain properly. Heredity may play a role.

Diplacusis: Similar to the phenomenon of double vision, individuals with diplacusis have double hearing. They experience a shift in pitch perception, causing them to hear one sound as two. Musicians typically notice this condition more than others, it occurs frequently in individuals who have normal hearing in one ear and sensorineural hearing loss in the other. Individuals with conductive hearing loss may experience temporary cases of diplacusis.

Otitis Media: If you've recently had a cold and can't hear well, you may have otitis media – otherwise known as a good, old fashioned ear infection. 75% of children experience at least one case of otitis media by the time they are three years old. Typically considered a childhood disease, it can strike people of any age.

Acoustic Neuroma: Although acoustic neuroma is a rare condition, it's the most common form of brain tumor and affects roughly two of every 100,000 people. This slow-growing benign tumor develops on the eighth cranial nerve that connects the ear to the brain. Symptoms can include loss of hearing in one ear, ringing (tinnitus), dizziness (vertigo) and balance problems.

Usher syndrome: Usher syndrome is responsible for 3-6% of all childhood deafness and 50% of deafness and blindness in adults. Symptoms include hearing loss or deafness, a vision disorder called retinitis pigmentosa (RP) and problems with balance. Usher syndrome is inherited.

Leone's Lines



Do you sometimes feel that your hearing loss is a constant battle?

Well it is-you talk with people all the time, some know about your loss, some don't, some don't get it. But you do

Rise above it. Don't quit. More and more people are beginning to understand hearing loss and they're more compassionate about it for us. How will they know if we don't share and explain?

And Thank them!

Grieving Your Hearing Loss

By Ted Stagner, PsyD (psychologist)

I am a licensed psychologist in the state of Oregon and I am currently semi-retired. Like most of us it has been difficult to 'retire' and I have found it most helpful and healthful to stay involved. I do contract work with the military, where I work with soldiers and their families on a myriad of issues, some is related to loss/es. I also work with the Church and offer grief groups dealing with loss of almost any origin (death, divorce, job loss, abuse, loss of any physiological function (hearing, etc) and loss of meeting specific expectations (dreams, etc). This has been helpful, particularly, if you find there is an abnormal amount of resentment, anger, depression and anxiety or you find it takes up a lot of emotional time. I have found grief or loss to be 'under' most of the emotional trauma that we deal with today. My last group ran in the fall of 2012 which I opened to your organization. I run these groups in Springfield at the Northwood Christian Church and plan to start the next group on April 15th at 6-7:30 PM for a period of 6 weeks in the Fireside Room. The Church is located at 2425 Harvest Lane in Springfield. The Church phone # is: 541 746 2790. If you wish to participate or have questions, you may call me at 541 654 0176 or email me at tjstagner@gmail.com.

Ted spoke some time back at one of our local HLA meetings. He is highly qualified to teach this group. (editor)

Sound News is a publication of HLA Lane Co and is published monthly.

P.O. Box 22501
Eugene OR 97402

New Survivor's Manuals –FREE to Anyone. Donations appreciated.. Cost to mail copies is \$4 each or 20 for \$35. Send a check made out to HLA, PO Box 22501 Eug, OR 97401

Members: if you have changed your e-mail address please notify Karin Smith of the change karinsm@efn.org

Hearing Loss Assoc.-Lane County, Oregon Information calls are taken by Linda Diaz 790-1290

HLA A is published monthly for members of Hearing Loss Association of Lane County.

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Place an ad

Karen Swezey kswezey@efn.org

National website: www.hearingloss.org

Oregon website: www.hearinglossOR.org



Bridging the Wall

By Stanley Straub

What is "bridging the wall"? Bridging the wall is what I call people and techniques that help link Hearing and Hard of Hearing (HOH) people with Deaf people. There is a wall between them and it is caused by Hearing and HOH people not being able to communicate with Deaf people. Bridging the wall is something needed to help both sides communicate. What it takes to bridge the wall is a catalyst that gets the two sides talking. One catalyst is American Sign Language (ASL). However, for ASL to be an effective tool, it must be willingly learned.

ASL is a form of communication where the speakers use gestures, facial expressions, and body language to communicate effectively. ASL is a beautifully spoken language and can be an effective tool to help bridge the wall. However, it will take time for people to learn ASL and not everyone will want to learn it. To complete the bridge we need to get more people interested in learning ASL and we need more people to help teach it.

I like to think of myself as being one of many leaders in helping to bridge the wall! How? 1., I happily wear a Cochlear Implant (CI) and a Hearing Aid (HA); 2. I have an online store where I provide information and products for Hearing, HOH, and Deaf people; 3. I am currently learning ASL; 4, I belong to the Hearing Loss Association of America (HLAA); and, 5, I whole-heartedly support the Deaf Community. For more information, please contact me at 541-414-3942.

Being a bridge builder between the two sides is to me very exciting and I am extremely happy that I have an engineering background and the resources to help lead the way. It takes a tremendous amount of work and effort to build a bridge and it takes lots of people to make it happen. There are many other people who are helping to do this too, such as Linda Diaz. Linda lives here in Cottage Grove, Oregon and is the owner and operator at Hard of Hearing and Deaf Services. Linda teaches a class called "Breaking the Sound Barrier" at The Shedd Institute in Eugene, Oregon. The class is composed of HOH and Deaf people who interpret the music using ASL. The audience is encouraged to follow along using the ASL that is shown. Music is provided by Alan Fish. *Breaking the Sound Barrier* has performed at many venues throughout Eugene, Springfield, and Cottage Grove, Oregon. Linda also teaches beginning ASL at The Healing Matrix in Cottage Grove. For more information, please contact Linda at 541-790-1290.

Our hope is that some day the bridge will be completed, but it will take a lot of effort by many people, Hearing, HOH, and Deaf, to complete the bridge! We bridge builders strongly believe that the end result will be well worth it, but we need everyone's help! Please join us as we move forward into the future!

(See bio on page 4)

Keeping Your Batteries Charged



Information You Can Use

Apple Inc filed a patent application for a system that would automatically detect a hearing aid via the use of a proximity and a magnetic field sensor, then select the appropriate hearing aid mode based on the detection system. "A hearing aid compatible portable electronic audio device is configured to automatically determine whether or not the device is being used by a hearing impaired user who is wearing a hearing aid, and select a mode of operation based on this determination. The device includes a proximity sensor and a magnetic field sensor. The proximity sensor is used to detect a change in distance of the device to the user's ear. The magnetic field sensor is used to detect a change in magnetic field caused by the device moving relative to the hearing aid. The device selects between a normal audio mode of operation and a hearing aid compatible mode of operation based on both the change in detected distance and the change in detected magnetic field. Other embodiments are also described and claimed."

A lot of hearing-impaired people would be more active if they weren't afraid of damaging hearing aids that don't like the humidity of gyms or the dousings of personal watercraft. Siemens has introduced the first waterproof hearing aid, capable of working as deep as 3 feet under water. A survey by Siemens found that of 500 hearing aid owners, 17% restricted their activity to avoid damaging their hearing aids. That is particularly hard on groups like hearing-impaired children and people who work at jobs where there is dust or grime.

author Bio from article p 3

I was born in Red Mountain, CA, but lived my early years in and around Eugene. After four years in the US Navy, I worked in the aerospace industry in California, where I spent most of my working years as an engineer/manager for thirty-five years. I retired in 1997 and moved back to OR. I now live in Cottage Grove and write full time on novels, short stories, and poems. I am a proud member of the HLAA and have an online store at [http://](http://www.bestassistedlivingaids.com)

www.bestassistedlivingaids.com. I started my online business to help people who are hard of hearing like me.

I have worn hearing aids nearly all of my adult life and in 2005, I received a Cochlear Implant (CI). My interests include writing, reading, walking, and motorcycling.

I am a published author and my book, *The Killer Within*, is currently available on Amazon.com My poem, *Our Town*, was published in the

Finding right hearing aid is a complicated process

You've probably seen the full page ads as competing companies vie for the hearing aid business: Blow-out sale. Buy one/get one free. Save 60% or more. Limited to first 30 callers. Must call today. If you missed those ads, surely you know by now that TV Ears save marriages. Or the ad in USA Weekend headlined, "U.S. Company Shocks the Public Offering Premium Sound Amplifier for Less than \$20."

Until recently, hearing aids were rarely advertised. Maybe that's because there weren't many choices a few years ago. Those who bought hearing aids complained of static and unwanted noise, and they still couldn't hear properly. Now the technology has improved just in time for the baby boomers as they reach the age when many can expect hearing loss as a natural result of the aging process. No wonder there is competition for the hearing aid dollar.

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Monday - Friday 8 a.m. to 5 p.m.

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Telecommunication Devices Access Program (TDAP) loans adaptive telephone equipment at no cost and with no income restrictions to eligible Oregonians who are hearing, cognitive, vision, speech or mobility impaired.

E-MAIL: puc.tdap@state.or.us



Download or Complete Applications at www.rspf.org



Membership in HLAA is \$20 student, \$35 individuals, \$45 for couple, \$60 professional. It includes the award-winning bi-monthly magazine, *Hearing Loss*. Write HLAA, 7910 Woodmont Ave., Ste. 1200, Bethesda, MD 20814; 301-657-2248 (Voice); 301-657-224 (TTY); 301-913-9413 (Fax) or www.hearingloss.org. Get the latest e-news: <http://www.hearingloss.org/membership/>

All ads are subject to review. Preference will be given to advertisers offering goods and services to hard-of-hearing and deaf people. Mention of goods or services in articles or advertisements does not indicate HLA endorsement, nor does exclusion suggest disapproval.



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Hearing Loss Assoc. of Lane County Chapter Fee and National Membership Form

Please fill out this form /survey & mail to HLA - Lane Co., PO Box 22501, Eugene, OR 97402.

I have enclosed: Chapter fees _____ \$10.00 Chapter Donation of \$ _____
National dues _____ \$35.00 (regular) \$70 _____ (professional)*

Name: _____ E-mail: _____

Preferred phone: _____

Address: _____ City _____ State _____

Occupation (former occupation if retired): _____

Why are you joining us?

What most interests/puzzles you about hearing or hearing devices?

Are you interested in volunteering? What would you like to do?

How did you learn about us _____?

Would you like to be on our email news list: _____ Yes _____ No

*Donations to either the national organization or our local chapter are always welcome and are tax deductible."

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If the month & year on your mailing label have already passed, it's time to renew your membership! Please use the form on page 6 to pay your dues today!

April 11 Meeting

2580 Hilyard

Hilyard Center

7-9 pm

Laura Hurn

Audiologist at Oregon Medical Group,

Hearing Tests Are Not Pass or Fail

Laura will be talking to us about how to get the most out of audiology testing. She will explain how hearing tests are done, how tests determine the amount of our hearing loss, and why it's important to be as straightforward during the testing process as possible in order to derive the maximum benefit of being tested.

Laura is originally from Syracuse, NY and completed a B.S. in neuroscience at the University of Rochester, while completing a minor in American Sign Language. She completed her doctoral degree in audiology at Washington

Calendar

Board Meeting April 2

Hilyard Community Ctr.

2580 Hilyard St

Eugene

Membership meetings are the 2nd

Thursday of the month. They are

accessible for all degrees of hearing loss

by:

- ♦ Amplification — Loop assistive listening system

- ♦ Real-time captioning by Debby Bonds